

# LET'S • TALK *about* : FOOD

COPLEY SQUARE • OCTOBER 5



**THURSDAY, OCTOBER 3, 2013**

TIME	LOCATION	TITLE	DESCRIPTION	SPEAKERS / PRESENTERS
6:00 p.m.	Trinity Church 206 Clarendon St. Boston, MA	A Town Hall Forum Can New England Feed Itself? How Close Can We Get to Sustainability?	<p>We talk about local and sustainable, shop at the farmers markets and buy sustainable seafood. Yet today, much of our food still comes from other regions and countries. We often don't know where it comes from and how it is grown. What would it really take for New England to feed itself? Is it even possible? What would it mean for our eating habits, the landscape and the local economy? Can our farmland even keep up with the population?</p> <p>On Thursday, October 3 at 6 pm, we'll explore all these questions at a Town Hall Forum, sponsored by the Massachusetts Department of Agriculture.</p>	<ul style="list-style-type: none"> <li>• Chef and Wholesome Wave CEO Michel Nischan, a James Beard Award-winning chef, author, and restaurateur</li> <li>• U.S. Representative Chellie Pingree (ME), a long-time advocate for local farms</li> <li>• Gregory Watson, Massachusetts Commissioner of Agriculture</li> <li>• Amanda Beal, director of the By Land and By Sea Project and member of Food Solutions New England</li> <li>• Brian Donohue, Associate Professor of American Environmental Studies at Brandeis University</li> <li>• Timothy Griffin, Associate Professor and Director of the Agriculture, Food and Environment Program of the Friedman School of Nutrition Science &amp; Policy</li> <li>• Glynn Lloyd, co-founder of City Growers and CEO of City Fresh Foods</li> <li>• John Piotti, executive director of Maine Farmland Trust</li> </ul>

To register for this *free* event, please visit  
<http://cannewenglandfeeditself.eventbrite.com/>

## FRIDAY, OCTOBER 4, 2013

TIME	LOCATION	TITLE	DESCRIPTION	SPEAKERS / PRESENTERS
6:00 p.m.	Trinity Church 206 Clarendon St. Boston, MA	Breaking Bread Together: A Conversation on Food, Ethics, and Community	Food is much so more than what we eat. Food is both sustenance and celebration--the way we weave a community together. Feeding ourselves and our families, sustaining our neighbors in need. How do food justice, ethics, and faith come together? How do we ensure a sustainable food system that provides enough for everyone? Can we get beyond emergency food solutions? Is genetic engineering of food necessary-or does it go beyond what nature intended? Does that matter? And how do faith-based communities play a role?	<ul style="list-style-type: none"><li>• Fred Bahnson, director of the Food, Faith and Religious Leadership Initiative at Wake Forest University School of Divinity and the author of <i>Soil &amp; Sacrament: A Spiritual Memoir of Food and Faith</i>.</li><li>• Ellen Parker, executive director of Project Bread, Massachusetts' only statewide anti-hunger organization committed to providing all people sustainable, reliable access to nutritious food</li><li>• Urvashi Rangan, Ph.D, the director of the Consumer Safety and Sustainability Group for Consumer Reports and their national spokesperson in the area of sustainable production/consumption practices</li><li>• The Reverend Patrick C. Ward, Associate Rector for Worship and Communications at Trinity Church in Boston</li></ul>

To register for this *free* event, please visit  
<http://breakingbreadtogether.eventbrite.com/>

## SATURDAY, OCTOBER 5, 2013

TIME	LOCATION	TITLE	DESCRIPTION	SPEAKERS / PRESENTERS
10:30-11:15	Stage	Raise Your Hand for Better School Food	Why are so many things wrong with school food and why is fixing it so hard? Chef Ann Cooper (aka The Renegade Lunch Lady) will answer these questions as she and chef Jody Adams show us ways to get kids turned on to real, fresh food. Chef Ann will talk about changes she's helped make to school lunch programs around the country, and how parents and kids can get involved to change school food for the better.	Chef Ann Cooper, The Renegade Lunch Lady Chef Jody Adams, Rialto and Trade
11:15-11:45	Demo Stage	Shakshuka! Exploring Israeli Food, Beyond Hummus and Falafel	Brunch in the Middle East is a lot more than bagels. It is fuel for the day—hearty grains, eggs, meats, vegetables and fruits—intense food with flavors and spices to match. Join Israel's most famous chef and TV personality Gil Hovav and local chef luminary Michael Leviton of Lumiere and Area 4 as they work their way through brunch, including shakshuka, possibly the most exciting egg dish served anywhere in the Middle East.	Chef Gil Hovav Chef Michael Leviton, Lumiere and Area 4
11:45-12:30	Stage	Cooking for Geeks	Cookbook author and self-proclaimed geek Jeff Potter teams up with renowned local chef Tony Maws of Craigie on Main to share the science of food and cooking. Find out what you can do in the kitchen when you approach it like a laboratory.	Jeff Potter, author Chef Tony Maws, Craigie on Main
12:30 -1:00	Demo Stage	Funky Fermentation	Fermentation is not as mysterious or as stinky as its reputation will have you believe. Join Geoff Lukas, a chef with a physics background, and Jeremy Ogusky, a fermentation expert with a public health background, as they demonstrate a couple of fermentation techniques and talk about ways you can do it yourself at home.	Chef Geoff Lukas, Sofra Jeremy Ogusky, fermentation expert
1:00-1:45	Stage	The Mediterranean Diet	We've all heard about the benefits of the Mediterranean Diet: More fruits and vegetables and less saturated fat make up the	Sara Baer-Sinnott, director, Oldways Chef Ana Sortun, Oleana and Sofra

			best recipe for energetic good health. Oldways director Sara Baer-Sinnott and Oleana chef Ana Sortun take it a step further in this cooking demo and conversation about the dazzling range of flavors and culinary possibilities that Mediterranean food provides. Nutritionist Kathy McManus will weigh in on how this approach to eating impacts our health.	Kathy McManus, nutritionist, Brigham & Women's Hospital
1:45-2:15	Demo Stage	Great Grains	A diverse array of whole grains forms the basis of most world cuisines, but in the US, they're usually seen as an earnest side dish. Join Ancient Grains cookbook author Maria Speck and Harvest chef Mary Dumont for a talk and demo of some unexpected ways for grains to grace your table.	Maria Speck, author, Ancient Grains Chef Mary Dumont, Harvest
2:15-3:00	Stage	Let's Talk About Seafood	With our fishing industry struggling and access to some of our favorite seafood species limited, how can seafood lovers support our fishermen and discover great fish to eat? National Geographic fellow chef Barton Seaver will talk with a chef and a local fisherman about the issues faced in our fisheries—and together they'll prepare a dish to demonstrate the diverse seafood options waiting to be enjoyed.	Barton Seaver, Chef Nuno Alves Chris Douglass, New England fisherman
3:00 - 3:30	Demo Stage	I Can Eat That?	A walk in the woods can turn into dinner if you know what to look for and how to prepare it. Wild Edibles co-authors chef Didi Emmons and farmer Eva Sommaripa, along with Beacon Hill Hotel and Bistro chef Josh Lewin, demonstrate how bringing foraged ingredients into your kitchen will bring all new flavors and open up your cooking in exciting ways.	Chef Didi Emmons, author, Wild Edibles Eva Sommaripa, farmer and author, Wild Edibles Chef Josh Lewin, Beacon Hill Hotel & Bistro
3:30-4:15	Stage	How to Fuel an Athlete	Any parent or coach who's worked with athletes knows how many calories it takes to maintain optimal performance. But where should those calories come from? Is a pepperoni pizza equivalent to piles of pasta and vegetables? Red Sox nutritionist Tara Mardigan will talk about how she fuels the ball club, and former Fenway chef Steve "Nookie" Postal will demonstrate how to make healthy, energy-intensive food taste really, really good.	Tara Mardigan, nutritionist for the Red Sox, Steve "Nookie" Postal, former Fenway Park chef, maybe a Red Sox player/other young athletes
4:15 - 4:45	Demo Stage	Bean-to-Bar-to-Dinner	Somerville's Taza Chocolate is one of the country's bean-to-bar chocolate companies. Join founder Alex Whitmore as he	Alex Whitmore, founder, Taza Chocolate

			describes the chocolate-making process and discusses how Taza sources its beans, while Ole chef Erwin Ramos demonstrates a mole sauce featuring Taza chocolate.	Chef Erwin Ramos, Ole
4:45-6:00	Stage	Men (and Women) in Blue	A tribute to the first responders to this past April's Marathon events. Join us for a friendly cooking competition among the public safety officials from Boston, Cambridge, and Watertown. Three cooks from the town teams will compete in a cook-off on stage and present their dishes to a panel of celebrity judges. Come cheer on our hometown heroes!	Boston PD, FD, and EMS; Cambridge PD, FD, MIT; Watertown PD, FD; MBTA

### *Ongoing throughout the day*

EVENT NAME	EVENT DESCRIPTION
Ask-a-Chef	A rotating roster of chefs will be available to answer your questions throughout the day. This event is o-produced by bostonchefs.com and Chefs Collaborative.
Ask-a-Nutritionist	Throughout the day, nutritionists will be on hand to answer your questions. This event is co-produced with Brigham and Women's Hospital, Healthworks, and Whole Foods.
Kitchen Conversations	Come share your thoughts and memories about food. We will be creating an oral history of food at our recording booth on site.
Food as Fuel	An interactive food and fitness session, featuring Zumba sessions on the main stage. Produced in Partnership with Healthworks.
Edible Garden: Sponsored by Chipotle, CitySprouts, Mahoney's	Take part in a plantings and garden talk, brought to you by Chipolte, CitySprouts and Mahoney's.
The Endless Table	Have a question about food? Join us at the Endless Table, a facilitated public conversation about food, co-produced with the Museum of Science. There will be a host of different topics, including food justice, school lunch, seafood, agriculture, labels and marketing, and much more. Drop in to any discussion at any time throughout the day.

## *Ongoing in Trinity Church*

EVENT NAME	EVENT DESCRIPTION
A Fresh Approach to Ending Hunger	Come learn about the innovative ways organizations are addressing the issue of hunger in the community at this event co-produced by Project Bread. There will be presentations and cooking demonstrations from organizations that include City Growers, Community Servings, Cooking Matters, Dorchester Community Food Coop, Lovin' Spoonfuls, Massachusetts Farm to School, Mill City Grows, and Project Bread
Coffee, Tea and Wine Tastings	Learn about where and how these drinks are produced, how to determine flavor profiles, and much more, from some of the best producers in the industry, including MEM Tea and Illy Coffee.